



# Base Bulletin

Vandenberg AFB, CA 93437-0759



12 January 2005

No. 2

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Vandenberg Publishing on the Global e-mail or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 606-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Pass And Registration Extends Hours:** Pass and Registration will be extending hours to meet mission requirements for the Vandenberg ID and AECC (Restricted Area Badge) demand. Please take note of the schedule: Monday from 0830—1700, Tuesday from 0800—1700, Wednesday from 1000—1600, Thursday from 0800—1700 and Friday from 0830—1600. AECCs and Vandenberg IDs will not be processed between 1100—1300. Please call in advance to schedule AECC and VAFB ID issue. Vehicle decal and weapons registration can be done at any time. Fridays are reserved for walk-in AECCs and VAFB IDs. For more details call 6-1853. (30SFS/SFOXI)

**b. Visitor Center Parking:** IAW posted signs, parking at the Visitor Control Center parking lot is limited to one hour only. Please contact TSgt Wagle or SrA Cornwell at 6-7099 for more information. (30 SFS/SFOXV)

**c. Office Closure:** The 30th Space Wing Staff Judge Advocate office will be closed 1100—1300 on 14 Jan 05 for an official function. For emergencies, please call the On-Call JAG at 588-2822. (30SW/JA, 5-6207)

**d. Retirement Ceremony And Dinner:** Colonel Stephen M. Tanous, Commander, 30th Operations Group cordially invites you to a retirement ceremony honoring Chief Master Sergeant Philip E. Cope, Superintendent, 30th Operations Group, on Friday, 14 Jan 05 at 1500 at Vandenberg Base Theater, Bldg 13750, Vandenberg Air Force Base, CA. Military Dress: Duty uniform. Civilian Dress: Business Attire. Immediately following the retirement ceremony, a dinner honoring Chief Master Sergeant Philip Cope, will be held at the Pacific Coast Club featuring an Italian Buffet for the price of \$20. Social hour starts at 1730 and dinner will be served at 1830. Dress is casual. Please RSVP by 7 Jan 05 to Comm: (805) 606-6035 and DSN: 276-6035. (30OG/CCR, 6-1225)

**e. AFOSH Council:** The Commander's Quarterly AFOSH Council will be held on Wednesday, 19 Jan 05, from 1400-1500 at the WROCC Theater. All Team Vandenberg Commanders are required to attend; USRs and interested persons are highly encouraged to attend as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col Wolf, 30th Space Wing, Vice Commander, will preside as Chairman of the Council. (30SW/SE, 6-8804)

**f. 2005 Internal ECAMP Audit:** The Environmental Compliance Assessment and Management Program (ECAMP) audit will be conducted 24-28 January 05. This audit will cover the environmental protocols as found in AFI 32-7045. ECAMP team members will be visiting wing, tenant, and contractor organizations during the audit. The Team Guides will be posted on the 30CES/CEV web page [https://intranet.vandenberg.af.mil/30\\_MSG/30-ces/Environmental/index.html](https://intranet.vandenberg.af.mil/30_MSG/30-ces/Environmental/index.html). Please contact John Woods at 5-0633 for additional information. (30CES/CEVV)

**TEAM VANDENBERG**

**g. Retirement Luncheon:** Colonel Mark P. Jelonek, Commander, 614th Space Operations Group, cordially invites you to a retirement luncheon honoring Chief Master Sergeant Judy G. Granczewski, 614th Space Operations Group Superintendent, on Tuesday, 1 Feb 05, 1100 at the Pacific Coast Club Ballroom, Bldg 11070, Nebraska Ave, Vandenberg Air Force Base, CA. Attire: Military Uniform or Civilian: Business Casual. Luncheon Choices: Ala Carte or Buffet. For presentations or details contact TSgt Karen Feckovic at 6-7080 or by e-mail: [karen.feckovic@vandenberg.af.mil](mailto:karen.feckovic@vandenberg.af.mil). (14AF/A331)

**h. Joint Pacific Area Scheduling Office (JPASO) Scheduling Conference:** The next quarterly JPASO Scheduling Conference will be held Thursday, 03 Feb 05 at 1000 in the WROCC auditorium (Bldg 7025). There are several range scheduling briefings planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands, HI, Naval Air Point Mugu, CA, 22 Space Operations Squadron, Peterson AFB, CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact Rich Nocis at 6-8985 for more information. (2ROPS/DOUS)

**i. EMS Training:** The Environmental Management System (EMS) Awareness Level Training requirement must be completed by 31 Mar 05 (HQ AFSPC/MS Memo, 07 Jun 04). All Vandenberg AFB personnel, must take and complete this EMS on-line course at AFCEE Web University link: <https://webu.brooks.af.mil/webu/secure/onlinecourse.asp>. Also, the EMS Training web page link is posted on the 30CES/Environmental Management Flight: [https://intranet.vandenberg.af.mil/30\\_MSG/30-ces/Environmental/pages/ems.html](https://intranet.vandenberg.af.mil/30_MSG/30-ces/Environmental/pages/ems.html). For more information, call Dan Narciso at 5-7573. (30CES/CEVV).

**j. Air Force Ball In Colorado Springs:** Air Force Ball 2005 "An Evening of Stars and Stripes" will be Friday, 11 Feb 05, at the Broadmoor Hotel in Colorado Springs, CO. Social hour begins at 1800; tickets on sale through 28 Jan 05. Contact Capt Royce Moore for tickets and more information at 6-9252 or [royce.moore@vandenberg.af.mil](mailto:royce.moore@vandenberg.af.mil). (30SW/PA, 6-3595)

**k. Free Tax Assistance Is Available:** Your VAFB tax team is here to help you. Volunteers are trained and available to give complete tax service to include filing your Federal and state income tax forms electronically giving you the fastest possible refund free of charge. W-2's are available at [myPay.dfas.af.mil](http://myPay.dfas.af.mil) on 14 Jan 05. Contact your unit tax advisor or call the tax office at 6-3650 for an appointment. (30SW/JA)

**l. Alabama Air Nat'l Guard Part-time Vacancies:** Are you planning Palace Chase, Palace Front, or Separating from active duty? Would you like to continue receiving most of your active duty benefits and have a great part-time job? The Alabama Air Nat'l Guard units in Montgomery have the following part-time vacancies: 1N0X1-Intel, 1W0X1-Weather Spec, 2A0X1B-Av Test Station, 2A3X2A-Av System, 2A3X3B-F-16 Crew Chief, 2A6X1A-Jet Engine, 2A6X2-Age, 2A6X3-Aircrew Egress, 2A6X4-Aircraft Fuels, 2A6X5-Aircraft Hydraulics, 2A6X6-Acft Elec/Envirn, 2A7X1-Acft Metal, 2A7X2-NDI, 2F0X1-Fuels (POL), 2R0X1-Maint Data, 2T1X1-Veh Opns, 2T31X1-Vehicle Opns, 2T3X1-Spec Purpose, 2W0X1-Munitions, 2W1X1-Acft Arm, 3E0X1-Elec Sys, 3E0X2-Power Production, 3E1X1-HVAC, 3E2X1-Heavy Equip, 3E3X1-Struc, 3E4X1-Util, 3E4X2-Liquid Fuels, 3E4X3-Environmental Cont, 3E5X1 - Engineering, 3P0X1-Sec Forces, 3V0X1-Visual Info Spec, 4A0X1-Med Admin Spec, 4B0X1-Bioenv Eng, 4D0X1-Diet Therapy. Contact MSgt Vonsetta Roberts DSN 358-9191, CML: 334-394-7191, or 1-800-368-4481 or e-mail at [vonsetta.roberts@almont.ang.af.mil](mailto:vonsetta.roberts@almont.ang.af.mil) or SSgt David Coram at DSN 358-9190, CML: 334-394-7190 or e-mail at [david.coram@almont.ang.mil](mailto:david.coram@almont.ang.mil) for more details.

**m. Military Equal Opportunity (MEO):** Under the Equal Opportunity and Treatment (EOT) Program, when necessary, military members, their families, and military retirees can file formal complaints. Complaints should be filed within 60 days, unless there is justification or extenuating circumstances. Formal complaints are processed in 20 duty days (sexual harassment complaints are processed in 14 duty days and have additional reporting requirements). The MEO Office conducts a complaint clarification in nine duty days, and the report is submitted to the legal office for a legal review in six duty days, and the commander has five duty days to outline intended action in confirmed cases. For additional information relating to the EOT complaint process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

**n. Heavy Rains:** We've encountered and will continue to encounter heavy rains. Here are some tips to remember: 1.) Listen to the radio for the latest weather information; 2.) Be aware of streams, drainage channels, and known areas that flood easily and avoid frequenting those areas; 3.) Stay away from flood waters--they may be contaminated!; 4) Gather water, food, clothing, and emergency supplies in the event you live in remote areas; 5.) Wear protective clothing and sturdy shoes; 6.) Keep your vehicle fuel tank full so that if you have to travel distances, you're prepared to do so--safely; 7.) If you leave your home, let someone know where you are going; 8) Follow recommended routes--shortcuts or roads normally traveled may be flooded or closed. Should you encounter a flooded road: 1.) Never attempt to traverse water-flooded roads; the running water will probably be faster than you can escape from it, the water may be deeper than it appears and the level can rise even higher!; 2.) Debris can entangle you and your vehicle without warning; 3) If inadvertently

caught on a flooded road, quickly get out. Do NOT attempt to stay in your vehicle or attempt to retrieve your vehicle. (30SW/SEGB, 6-8804)

**o. Airmen Against Drunk Driving (AADD):** Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

## **2. 30th Space Communications Squadron: (30SCS)**

**a. Records Management (RM) Appointments:** Effective immediately, please make sure all RM appointments are accomplished IAW AFI 33-322\_30SWSUP1 utilizing 30SWIMT2, **Records Management (RM) Appointment.** (30SCS/SCBR, 6-4212)

**b. Attention Functional Area Records Managers (FARMS):** Please familiarize yourself with AFI 33-322\_30SWSUP1, **Records Management Program** for upcoming Base Records Management (RM) Staff Assistance Visits (SAV) starting in February 2005. Base RM will be assessing designated offices to ensure FARMS have a workable FARM program for their RM specialists and will be disseminating SAV schedules to those areas. Remember, your first line of defense for all unit RM issues is your F-A-R-M! (30SCS/SCBR, 6-4212/6-0682)

**c. Recycle Rubber Bands And OP Form 65s:** To base mail recipients: Please send excess OP Form 65s (holey Joes) and rubber bands to the Base Information transfer Center (BITC) mail center with outgoing mail. BITC recycles the holey Joes and rubber bands back to offices as needed. This will keep the mail circulating. Offices can also purchase additional OP Form 65, 65-B, 65-A from the base supply store if needed. Thank you! Contact is Janet Leininger. (30SCS/SCBAP/BITC, 6-7028)

**d. Emission Security:** EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. (30SCS/SCBI, 5-2352)

## **3. Traffic Management Office (TMO): (30LRS)**

**a. Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact MSgt Scott at 6-0904. (30LRS/LGRT)

**b. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

## **4. Military Personnel Flight: (30MSS/DPMP)**

**a. Military Personnel Flight (MPF) Customer Walk-in Hours:** The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719.

**b. The MPF Weekly:** For the most current Personnel information, please check out the *MPF Weekly*. The 7 Jan 05 edition is now posted on the Vandenberg Intranet, link: [https://intranet.vandenberg.af.mil/30\\_MSG/30-mss/mpf/mpf\\_weekly/Documents/01\\_January/jan-05-07.doc](https://intranet.vandenberg.af.mil/30_MSG/30-mss/mpf/mpf_weekly/Documents/01_January/jan-05-07.doc). (30MSS/DPM)

## **5. Civilian Personnel Flight: (30MSS/DPCE)**

**Voluntary Leave Transfer Program:** Vandenberg AFB currently has seven employees in need of donated leave. Alana Davenport - 30CES/CEOE, Loneta Kelly - 30MSS/DPCE, Bruce Dufresne - 2ROPS/DOUS, Christine Holly-Vickers - 30SW/JA, Fidel G. Terrones - 30CES/CEOIE, James H. Field - 30LRS/LGRVM, and Rickey Alexander - 30CES/CEOF4. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-208 to pick-up and/or turn in your form or access this form at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf).



**6. 30th Medical Group: (30MDSS/SGSAP, 6-5688)**

**TRICARE Services:** TRICARE Management Agency-The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [judith.monroe@vandenberg.af.mil](mailto:judith.monroe@vandenberg.af.mil) Fax 5-4785. (30MDSS/SGSAP, 6-5688)

**a. Access Is Power:** TRICARE online is a link to the Internet that allows routine, wellness, and follow-up appointments to be made from home. This was designed in response to a greater need for access and convenience by all beneficiaries. In order to begin this process, a profile must be established with a password. If the password is lost/forgotten, then the beneficiary must come in person to the clinic and speak with Capt Royce Moore at 6-9252. To begin this process, please type in [www.tricareonline.com](http://www.tricareonline.com) on your web browser and click "go". (30MDSS/SGSAP, 6-5688)

**b. Keep Your Dental Health:** Brush your teeth twice a day with fluoride toothpaste. Clean between teeth daily with dental floss or an interdental cleaner. Decay-causing bacteria still lingers between teeth where toothbrush bristles can't reach. Flossing removes plaque and food particles from between the teeth and under the gum line. Eat a balanced diet and limit between-meal snacks. Visit your dentist regularly for professional cleanings and oral exams. Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts and about what types of oral care products will be most effective for you. The ADA Seal (American Dental Association approved) on a product is your assurance that it has met ADA criteria for safety and effectiveness. Look for the ADA Seal on fluoride on all oral hygiene products. Replace your toothbrush every three or four months, or sooner if the bristles become frayed. Children's toothbrushes often need replacing more frequently. For more details contact the Vandenberg Dental Clinic at 6-1846. (30MDSS/SGSAP, 6-5688)

**c. Health Advisory:** Santa Barbara County Environmental Health Services has issued a Storm Water Runoff Advisory. Studies indicate that contact with storm water may increase the risk for certain types of illnesses such as rashes, fever, chills, ear infections, vomiting, and diarrhea. It is recommended that people do not swim, play or surf in the ocean and creeks for at least three days following a storm water runoff event and shellfish harvesters should wait at least ten days after the event before collecting due to contamination. Contact is Public Health at 6-0648. (30MDSS/SGSAP)

**7. 30th Security Forces Squadron: (30SFS/SFOS, 5-0792)**

**a. Installation Entry Gate Hours:** The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday thru Friday. (30SFS/SFOC, 6-3911)

**b. Neighborhood Watch Program:** This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

**c. Vacation Quarters Check:** If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

**8. 30th Civil Engineering Squadron: (30CES)**

**a. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOPF, 6-0010)

**b. Termination of Family Housing for Downtown Home or Apartment:** Housing occupants are required to submit a request of termination of Housing Office at least 30 days prior to termination and receive counseling and assistance before entering into any lease or sale contracts per AFI 32-6001 chapter 9 of paragraph 9.4. Members are required to have a pre-final and final inspection in order to terminate housing. Contact Ms Rasay, 6-3434. (30CES/CEH)

**OFFICIAL**

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

**Karen L. Dean**  
Chief, Publishing Management

**SECTION III — UNOFFICIAL****General Information:**

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750. Call 6-5565 for movie information. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Thursday	13 Jan 05	"Blade Trinity"	R	1830	1900
Friday	14 Jan 05	"Ocean's 12"	PG-13	1830	1900
Saturday	15 Jan 05	"Blade Trinity"	R	1830	1900

**b. Food Service Events:** For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Day	Date	Event	Start Time	Location(s)
Thursday	13 Jan 05	National Soup Day	1100/1630	Breakers/Beachcomber
Monday	17 Jan 05	Martin Luther King Birthday Meal	1100	Breakers/Beachcomber
Wednesday	19 Jan 05	Dining Facility Advisory Board Meeting	1000	Breakers

**c. The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. General Membership Meeting:** Thursday 13 Jan 05 at 1200 at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright, 2SLS/MAFD at 5-4910 or Capt John Lofton, 576FLTS/TMGp at 6-6621. (2SLS/MAFD)

**d. Vandenberg Spouses Club Event:** Join us 18 Jan 05 for a Wine Tasting at 1900 at the Pacific Coast Club for a cost of \$5.00 per person. Spouses are invited. Please R.S.V.P. to Leigh Ann at 734-1911 by 14 Jan 05.

**e. The Vandenberg African-American Association General Membership Meeting:** Thursday, 20 Jan 05 at 1130 at the Base Library in Conference Room A to discuss VAFB's Black History Month celebrations. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact MSgt D. King, 532TRS/DO at 6-5551 or SrA Nurse, 30CPTS/FMFC at 6-4606. (2SLS/MAFD)

**f. Moms, Pops & Tots:** A base group sponsored by the all-ranks Vandenberg Spouses' Club, we are geared towards spouses with children ages 0-5. The playgroup meets at the Fitness Center Annex every Tuesday 0930—1130. The Fitness Center Annex is on Wyoming Street across from the commissary. A small snack is provided so bring your sippy cups. Lots of toys and room to run! This group is meant to be informal & meet your needs. Also includes field trips, speakers and holiday parties. For details call Linda Benz, 734-2448/e-mail: [benz3.0@netzero.com](mailto:benz3.0@netzero.com).

**Chapel:** (30SW/HC, 6-5773)

**a. Regular Worship Schedule:**

Catholic Mass:	Saturday	1700	Chapel 2	Protestant Services:
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship Sunday 0830 Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel Sunday 1130 Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional Sunday 1130 Chapel 1

**b. Vandenberg Jewish Community Classes:** The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held

every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

**c. Holiday Service:** There will be one Protestant Service held on Sunday, 16 Jan 05 at 1130 at Chapel 1. As a reminder, for all holiday weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1. For further details contact the Chapel at 6-5773.

**d. Commemorative Prayer Breakfast:** Join Team Vandenberg as we celebrate the life and legacy of Martin Luther King Jr. at the MLK Commemorative Prayer Breakfast on Thursday, 13 Jan 05, at 0630 at Chapel 1 Annex. Our Guest Speaker will be Lt Col David Morrow, Wing Chaplain. Remember! Celebrate! Act! A Day On ...Not A Day Off! For more information contact SrA Shamena Nurse at 6-4606. (2SLS/MAFD)

**Global Hearts Group:** (30SVS/SVMX, 30MSS/DPF, 30SW/HC)

**a. Global Hearts Group:** The Global Hearts Group is collaboration between the Family Support Center, Chapel and Services Squadron. It is available to all active duty military families in which the member is deployed, deploying, on a remote, or on a 30+ day TDY. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**b. Operation Sweet Dreams:** This is an ongoing service for our deployed/deploying members. Just contact the Family Support Center to get a picture of your family on a pillowcase. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**c. Deployed Spouses Night:** Deployed Spouses Night is at Breakers Dining Facility every Thursday at 1800. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**d. Lawn Care Service:** A volunteer is needed to be the POC for the Lawn Care Service that is provided for the families of Deployed Airmen. The POC would be in charge of designating new families to an established Team and setting up the schedules for the squadron volunteers. Please contact TSgt Sheila White at the Family Support Center, 6-0039, for more information. (30SVS/SVMX)

**Family Support Center:** (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com).

**a. Office Hours:** Family Support Center (FSC) customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

**b. BabyMeet:** If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

**c. Playtime For Tots:** They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and their children ages 2 to 5. For more information call Jill at 757-9044.

**d. Readiness Briefings:** Readiness Briefings for Deployments and/or Remote TDYs will be conducted every Thursday from 0900—1000 at the Family Support Center. Please contact TSgt White at 606-0039.

**e. Home Loan:** Friday, 14 Jan 05, 1330—1600 at the Family Support Center. One of the major Veterans' benefits is the Veteran's Home Loan Guaranty. It is made to Active duty members, retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic Home Loan process and be cognitive of potential pitfalls. Contact Larry Davis at 6-0039 to sign up.

**f. Marketing Yourself For A Second Career:** Wednesday, 26 Jan 05 0900—1130 at the 381st Auditorium (Bldg 8290). A FREE two and a half hour professional lecture for individuals who plan to separate or retire from the service in the next one to five years. Spouses are cordially invited. Contact Mr. Larry Davis at 6-0039 for additional information.

**Health And Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Breastfeeding/Child Care And Prenatal/Postpartum Exercise Education:** The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

**b. Risk Reduction Series For Cholesterol, Diabetes And Blood Pressure Education:** Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

**Life Skills Support Center** (30MDG/SGOH/6-5338)

**Anger Management Classes:** Anger Management Classes will be available from 1400—1600 on the following Mondays: 24 Jan 05 and 31 Jan 05. The classes will be held at the Health And Wellness Center (HAWC). We will cover the early signs of anger, how your anger style was learned, self angering thoughts and cover strategies to reduce and control anger. To register please call Margarita Olimpio at 6-5338. (30MDG/SGOH)

**30th Services Squadron:** (30SVS/SVK, 6-0276)

**Services Weekly Bulletin:** Please take a look at Services Weekly Bulletin found on our own 30th Services Squadron web site at the following link:  
[http://www.30svs.com/NewFiles/documents/Bulletin\\_10Jan.pdf](http://www.30svs.com/NewFiles/documents/Bulletin_10Jan.pdf). (30SVS/SVK)

**Education Center:** (30MSS/DPHE, 5-5904)

**a. New Allan Hancock College Classes: Space 104** - Quality Management Control & Safety will be offered at the Allan Hancock College Lompoc campus beginning 24 Jan 05. **Space 128** - Materials & Processes will be offered at the Allan Hancock College main campus in Santa Maria beginning 27 Jan 05. These classes are part of Allan Hancock's new program "Electronics Technology - Space Operations." This A.S. degree is part of the new, nationwide National Science Foundation Space TEC grant initiative. For more information, please see [www.spacetec.org/](http://www.spacetec.org/). Interested students can register online 3-14 Jan 05. Walk through registration is 18-19 Jan 05. Late registration takes place 24-27 Jan 05 and 31 Jan 05—3 Feb 05. Also, the following classes will be offered online this spring: Digital Devices and Circuits, PC Care and Upgrade, and Fundamentals of AC and DC Circuit Analysis.

**b. Embry Riddle Aeronautical University:** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 734-4076 or 606-6557. Additionally we have an extensive online catalog and over 150 locations worldwide. The next online term begins 15 Jan 04 for undergraduates and 7 Jan 04 for graduates with registration due two weeks prior to course beginning. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to Embry-Riddle a snap! Stop by and see us in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday—Thursday, 0830—1730 and Fridays, 0800—1200. Our e-mail is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu). (ERAU)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Learn Introduction to Computers -- A basic class for beginners; Word 2003; Word Advanced; Excel 2003; Excel Advanced; PowerPoint 2003; Access 2003; Project 2000; Publisher 2003; Outlook 2003; and LAN Access Training (a class specifically for those in process of getting an e-mail account). Call 6-3771 for more details, or e-mail: [james.wooding@vandenberg.af.mil](mailto:james.wooding@vandenberg.af.mil). **Note:** Walk-ins are always welcomed! **NOTE: To register for Workgroup Manager classes, contact TSgt Debra Wheeler** [debra.wheeler@vandenberg.af.mil](mailto:debra.wheeler@vandenberg.af.mil).

**b. Computer Tip: Inserting an Existing Document into the Current Word Document** - If you created a document in the past that could be of use to you in your current project, there's an easy way to insert entire documents into your current document. Position the insertion point where you'd like the new document to be and go to Insert, File. Find the file you're looking for, select it, and click OK. The file will be inserted into the body of your current document, ready to be edited.

**c. Scheduled Classes: Note:** Walk-ins are always welcomed!

Class	Date(s)	Time	Bldg
ISSO Training	12 Jan 05	0800—1130	Bldg 6525
LAN Access Training	14 Jan 05	1300—1600	Bldg 9360
LAN Access Training	18 & 21 Jan 05	0800—1100	Bldg 9360
Outlook 2003	18-20 Jan 05	1300—1600	Bldg 9360
Access Lab	19 Jan 05	0800—1100	Bldg 9360
Information Technology EC Training	19 Jan 05	0900—1100	Bldg 9325
Acrobat Reader	19 Jan 05	1130—1230	Bldg 9360
Windows - Tips and Tricks	21 Jan 05	1130—1230	Bldg 9360
PWRR V.2	21 Jan 05	1300—1600	Bldg 9360



Word 2003 Basic	24-27 Jan 05	0800—1100	Bldg 9360
PowerPoint 2003	24-28 Jan 05	1300—1600	Bldg 9360
Word - Columns	24 Jan 05	1130—1230	Bldg 9360
Workgroup Managers Course	24-28 Jan 05	0800—1600	Bldg 6510
Outlook 2003 - New Features	26 Jan 05	1130—1230	Bldg 9360
Certification & Accreditation	26 Jan 05	0800—1130	Bldg 6525

**Items For Sale:**

**For Sale:** 2003 Honda Accord EX, silver, black leather, 4-Dr, 4-cyl, 38K miles, A/C, CD, sunroof, heated seats, power, xlnt cond. Asking \$17,500/obo. Call Justin/Kim 934-2367.

**For Sale:** 2001 Kia Sportage EX SUV. A/C, PS, PB, PW, PDL, CC, tilt wheel, AM/FM/CD, dual front air bags, roof rack, privacy glass, Reese hitch, and alloy wheels. Auto, 4WD, 70K mi.; \$7,500. Call 734-2243.

**For Sale:** 1999 Mercury Cougar V6 2.5L, 66,230 mi., power everything, 6-CD changer, custom gauges. Runs great; fun car to drive. KBB \$6,100, will sell for \$5,500. Price negotiable. Call Ryan, 588-7690 FMI.

**For Sale:** 1998 Ford Expedition XLT, 5.4L V-8, silver, auto, power, A/C, CD, third seat, tow pkg, 56K miles, new tires/brakes, good cond. Asking \$11,000/obo. Call Justin/Kim 934-2367.

**For Sale:** 1990 Honda CRX Si custom, 135K miles, black w/black interior, too many custom parts to mention. Looks and runs great, \$5,500/obo. Must see at the base car lot. Call 733-2204.

**For Sale:** 2000 Yamaha Warrior 350 electric start Quad, Mud Shark tires, custom grill, safety equipment included (helmet, boots, gloves, goggles), \$2,000/obo. Call 734-0732.

**For Sale:** 20 Inch Diablo DS5 spinning rim kit, the battle axe style that came from the Spot Lowrider. These are the top of the line spinners that will fit most cars and trucks \$1,000/obo. Call 735-7239.

**For Sale:** Waterbed with very nice solid oak frame, asking \$150. Call 736-8925.

**For Sale:** Solid oak space-saver bed (twin size bed); matching nightstand, dresser and desk available. For more information, call Troy at 736-3580.

**For Sale:** Bedroom set—includes headboard and frame for double or queen, double mattress & springs, dresser & mirror. Good condition, dark wood finish, \$250. Call 734-2070.

**For Sale:** Over-stuffed, custom-made, beige love seat. Great condition, \$200. Please call 734-2070.

**For Sale:** Frigidaire Ultra Quiet III portable dishwasher that will convert into a built in, depending on your need. Used only 6 months then PCS'd. Bought for \$450, will sell for \$200. Call 734-1417.

**For Sale:** Whirlpool, extra large capacity, beige electric dryer. Works great. Asking \$100. Call 736-4925.

**For Sale:** Maytag Admiral gas dryer, 4-yrs-old, white, xlnt condition, \$75. Call 737-5677 after 1700.

**For Sale:** 18' Boat 1972 Larson with trailer, needs engine, can be seen at Base Car Lot, \$150; Bandflex workout machine, similar to Soloflex, work out the entire body. Like new condition, \$65. Call 734-2299

**For Sale:** Drum set - includes everything, 3 toms, snare, two cymbals, bass, high hat and throne, only 10-months-old, \$375. Call 734-2299.

**For Sale:** Amana deep freezer, 14.8 cubic feet, \$100. Entertainment Center for up to 35" TV w/3 shelves on one side and a drawer and 2 cupboards across the bottom. 2-years-old, \$50. Call Amanda/Travis 734-5514.

**For Sale:** Officer mess dress, pants 31/32, jacket 38R, \$60; FP infant to toddler rocking chair paid \$30, asking \$15; metal bird cage, \$10; small pet/parakeet carrier, \$15. All in xlnt cond. Call 734-3340 FMI.

**For Sale:** Metal futon w/mattress, \$30; hexagonal glass top/wood coffee table, \$20; boys infant clothing, \$.25-\$1ea; baby blankets, \$.50-\$1ea; crib set w/diaper stacker and lamp \$30. Call 588-1007 after 1630.

**For Sale:** Audiovox CDM-8500VM cell phone w/leather carrying case. Cell phone works like any typical cell phone. Service is a pre-paid Virgin Mobile service for use anywhere in the U.S, \$45. Call 714-5450.

**For Sale:** Shih-Tzu pups, adorable and registered, white with brown spots, \$600 females and \$500 for the male, they're going quickly so hurry. Call 734-2299.

**For Sale:** Golden Retriever puppies, AKC, 2 males, 10-weeks-old, first shots & vet checked, great disposition, \$450 each, please call 734-0115 or 757-1475.

**Lost:** Silver fiberglass top for Ford F-150 truck. Top blew off during rainstorm and high winds on Friday, 6 Jan 05, on 13th Street hill. Please contact Mary Avants at 588-2190.